



THE BUZZELL BUZZ

JUNE 2016

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887

DIRECTOR: TERRI MARCIELLO

EMAIL: TMARCIELLO@WILMINGTONMA.GOV

TELEPHONE: 978-657-7595 OR 978-658-2258



Terri's Notes

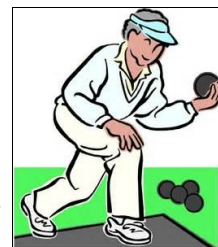
June has finally arrived—and summer will be officially here on June 20, 2016!!! In saying that we are trying a new and exciting program this month—Kayaking. You will see more of a description inside this newsletter. We are also having a beautiful Gloucester Cruise with a Lobster Luncheon that you can sign up for on June 9, 2016 at 10:00AM (cost \$60.00 per person) and the trip is on Wednesday, July 13, 2016. And Bocce will officially start on Thursday, June 16, 2016 at 3:00PM. As you read through the newsletter you will find a lot of fun and interesting things happening for this month and next. We are also going to have a great art project on July 8, 2016 at 10:30AM—"Alcohol Ink Tile" - you can see the display at the front desk. Come sign up.

On Wednesday, May 18, 2016 we had our Volunteer Appreciation Brunch at the Tewksbury Country Club in Tewksbury. "Volunteers: The Strength and Heart of Wilmington". This is the department's opportunity to thank the many volunteers that make our center what it is today. The Department is extremely fortunate to have such a large group of volunteers who consistently show their dedication. This year we gave special recognition to our "Fun Singer" for all that they do and to Jane Palmer for her outstanding support to our annual "Giving Tree" program in collecting gifts from Methodist parishioners.

Lastly, we are so happy to announce Nancy Beals as our new Senior Clerk at the Buzzell Senior Center. We will be having a special coffee hour in her honor on June 8, 2016 at 9:30AM. Come join us in welcoming her to our center.

Bocce Is Back!!

The court is cleaned up and ready for a summer of fun! Grab your sneakers and a friend and join us for "Opening Day" event on **Thursday, June 16, 2016 at 3:00 P.M.**



Join The Walking Group!

Do you enjoy meeting new people? Enjoy walking? You'll LOVE our weekly Walking Group! This group meets every Tuesday and Thursday at 9:00 A.M. inside the Buzzell Senior Center and then go on a nice stroll outside. This is such a great way to start your morning and have the chance to meet an awesome group of people!



“To the Buzzell Senior Center and Beyond”

“We’re Not Just A Senior Center”

On Tuesday, June 21, 2016 and Wednesday, June 22, 2016 at 10:30AM—Director Terri Marciello and Case Manager Laura Pickett will be having a coffee hour at Deming Way (front hall on Tuesday 6/21 and in the back community center on Wednesday 6/22) to provide residents with all they need to know about the Wilmington Department of Elderly Services. The discussion will include the number of services that are provided by our department along with a free File of Life to take home and place on your refrigerator. Come and hear about it all and enjoy some refreshments



ALL THE PRESIDENTS 'WOMeN

Presented by Delvena Theatre Company

Monday, June 20, 2016—1:00PM

@ Buzzell Senior Center

Because of the *Wilmington Cultural Council Grant*, we are excited to announce a performance of
“ All the Presidents’ Women”

Fascinating stories – not so much publicized – bring lively entertainment and promotes dialogue after the performance between the cast and the audience.

A bit of history – heretofore undefined. Definitely entertaining.

Monday, June 20 2016—1:00 P.M.

Refreshments will be served



Welcome to Nancy

Come join us in welcoming the Department’s New Senior Clerk

—Nancy Beals—

to the Senior Center on Wednesday, June 8, 2016 at 9:30AM. Share a cup of coffee/tea with Nancy and show her what a welcoming place the Senior Center really is!!



HAPPY SUMMER TIME!

IT HAS FINALLY ARRIVED!

Our Annual Cookout

Thursday, July 7, 2016 at noon

Come enjoy hot dogs, hamburgers, sausage, chicken, Richie's Slush

and

Of course

Fried Dough

Tickets will be \$7.00 per person

Sign up on June 16, 2016 at 10:00AM



GET WELL WISHES

Doris Allen

Ann Stygles

Charlie Wayman

John King

Angie Muccioli

Betty Bourassa

June Birthdays

We can't help you blow out candles on your cake unless you tell us your special day!

As we are updating our systems, please call the Senior Center to confirm your birthday month so that we can mention you in future newsletters!

**Leona Bombard
Helen Carver
Harold Carver
Mary D'Eon
Hazel Proto
Bernice Russo
Matthew Crossen
Robert Anderson**



Yoga

Will continue on Tuesdays at

3:45PM

For the month of June



PLANNING FOR MEDICARE-COUNTDOWN TO 65

THURSDAY, JUNE 9, 2016 AT 1:00PM

If your getting close to Medicare eligibility this class is for you. If your are planning to retire or continue to work, it 's important to know your Medicare options.

Something New and Exciting!



What Better way to spend a warm sunny morning than to be on the water! LL Bean is partnering with the Department of Elderly Services with a 4 week Kayaking Class. This class will begin on Thursday, June 23, 2016 at Lake

Quannapowitt Wakefield MA. Certified instructors will show and teach the fundamentals of kayaking as well as providing information on the wildlife on the lake while kayaking with the group.

It is also important to mention that we will be getting in the kayak on the beach shore with the assistance of the instructors—so don't hold back give it a try!

Cost is \$50.00 for 4 weeks of instructions .

Thursday, June 23; Thursday, June 30; Thursday, July 7 and Thursday 14, 2016 at 10:00AM



JUNE-AUGUST COMPUTER NEWS

Now that we enter the Summer Months, our Computer class sessions will end on June 30th. We hope to resume again this September.

HOWEVER, for the month of June we will have our "One on One" sessions for both Tuesdays and Thursdays! We will be here to offer help with questions about your computer, digital camera, I-Pod or I-Pad.

So, remember to drop in as the door will be open between 9:00 and 11:00AM. Otherwise, we hope you have a wonderful summer to relax & enjoy life and each other!

Special Homebound Meals

The Department is sponsoring our special homebound meal on

Tuesday, June 28, 2016

This is a wonderful way to kick off the July Fourth Holiday!

If interested in helping in delivery please contact the center.

Sunday, June 19, 2016

Happy Father's Day to all the Dad's, Grandfather's and Great Grand Father's



Stay Social With Us

Do you or anyone you know have a Twitter? Follow us [@TheBuzzellBuzz](https://twitter.com/TheBuzzellBuzz) and continuously stay updated no matter where you are. Let's see how many followers we can get! Help us spread the word!

****All dates in this calendar are subject to change****



"Five Wishes"

"Five Wishes" is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It allows you to choose the person who will make medical decisions if you cannot and lets you say exactly how you want to be treated. It's easy to use, all you have to do is check a box, circle a decision or write a sentence or two. We all have heard of health care proxies. This digs deeper and helps make decisions for us. Presented by Cathy H. Ober, Care Transitions Coordinator Beacon Hospice.

This will be presented at the Wilmington Memorial Library on Monday June 13, 2016 at 6:00PM

Upcoming Day Trips!

June 22, 2016 (Sign up—May 3, 2016) \$50.00/ticket.

Vine to Wine Tour

You will travel west along the Mohawk Trail to Deerfield where you visit the Yankee Candle Store before enjoying a delicious Luncheon at Chandler's Restaurant. Your entrée choices are Fresh Haddock, Vegetable Lasagna or Roasted Turkey. After lunch you'll travel to nearby Jacksonville, Vermont where Honora Vineyards, one of Vermont's best wineries are located and where the fun begins. You'll arrive back in Wilmington around 6:30PM.

July 20, 2016 (Sign up—June 9, 2016) \$60.00/ticket.

Gloucester Lobster Cruise

You'll depart from the Senior Center at 9:30AM and head to Gloucester MA. Once you arrive you will board the new and luxurious Beauport Princess Cruise Ship for a delicious buffet of "New England Clam Bake".

Chowder, Steamed Lobster and BBQ Chicken, Potatoes, Corn on the Cob and Chocolate Mousse.

September 27, 2016—(Sign up—July 7, 2016) \$60.00/ticket.

Norman Rockwell Museum & Red Lion Inn

You'll depart at 8:00AM from the center and head to the Massachusetts Berkshires to visit the quaint village of Stockbridge - where you'll visit shops and have a delicious lunch at Red Lion Inn. After lunch you'll visit the renowned Norman Rockwell Museum, where you will have the opportunity to experience Rockwell's artistic styling and view the images that helped define American identity throughout the 20th century as portrayed on front pages of the Saturday Evening Post. You'll arrive back at the center around 6:30PM

Sign-up is at 10:00AM on each chosen date—ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.

Summer 2016 Is Upon Us!





June 2016



SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45PM	2 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00AM Knitting 1:00 PM Game Day	3 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	4
5 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	6 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	7 9:00 Walking Group 10:30 AM Aerobics 1230PMWii Bowling Sign up for Norman Rockwell @10:00AM	8 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45PM	9 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00AM Knitting 1:00 PM Game Day 1:00PM Medicare Informational Sign up for Gloucester Trip at 10:00AM	10 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	11
12 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 6:00PM 5 Wishes at the Wilmington Library	13 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 6:00PM 5 Wishes at the Wilmington Library	14 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling	15 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45PM	16 <u>Sign-up for Annual Cookout</u> 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting 1:00PM Game Day	17 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	18
19 Happy Father's Day! 	20 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM All Presidents Women	21 9AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling 10:30 Deming Way Meet and Greet	22 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45PM 10:30 Deming Way Meet and Greet	23 9AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM knitting 1:00 PM Game Day	24 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	25
26 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	20 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	28 9:00AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling	29 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—3:45PM	30 Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM knitting 1:00 PM Game Day		



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:00
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00
(Postponed until September)

TUESDAY

WALKING GROUP 9:00
AEROBICS 10:30
Wii BOWLING 1:00 PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
CARDS 1:30-4
FUN SINGERS 3:00
YOGA 3:45

THURSDAY

WALKING GROUP 9:00
AEROBICS 10:30
ACRYLIC PAINTING 10:00
GAME DAY 1:00PM

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

SPECIAL PROGRAMS

PODIATRIST

3RD WEDNESDAY OF THE MONTH
9:30

SHINE COUNSELOR

CALL FOR PERSONAL
APPOINTMENT

HOME DELIVERED MEALS

MONDAY-FRIDAY
COST \$2.00
CALL FOR INFO
978-657-7595

COMMISSIONER'S MEETING

3rd THURSDAY OF EVERY MONTH
AT 1:30 PM

SENIOR VAN SERVICES

MONDAY THRU FRIDAY
PICKUPS FROM 9:00 AM THRU 3:00 PM. MUST
CALL TO SCHEDULE PICKUP AT LEAST 48
HOURS IN ADVANCE. VAN SERVICES A 13
MILE RADIUS OF WILMINGTON.